
THREE COURSES FOR THREEPENCE.

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THREE COURSES

FOR

THREEPENCE.

A Series of Lessons in COTTAGE COOKERY.

SECOND EDITION, REVISED AND ENLARGED.

WITH AN APPENDIX ON
SELF-SUPPORTING COOKERY CLASSES.

BY I. L. RICHMOND.

PREFACE BY
E. CRUWYS SHARLAND.

PUBLISHED UNDER THE DIRECTION OF
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PREFACE.

JUST pause for a moment, dear readers, and consider what should be the aim of a housewife in the daily preparation of the family meals. *Not* (I hope) that she may get through her work as quickly, and with as little trouble as possible, but that she may put upon her husband's table food that is both tempting and wholesome. People who suffer much from indigestion are generally either irritable in their tempers, or else subject to low spirits—for the minds of all of us are, in a measure, slaves to our poor human bodies. The cross, fretful tempers of a little child are often due to unsuitable feeding; and even the strongest constitutions will eventually suffer from a course of badly-cooked food. It is, therefore, plainly the duty of all good wives and mothers to make a careful study of the Art of Cooking, and I cannot too warmly recommend for the purpose this little book which Mrs. Richmond has so ably written, by the help of which those who desire to learn can certainly teach themselves, and those who are already good cooks may yet acquire many a fresh recipe and useful hint. I very much hope that ere long this little volume will be found in many a home, where, if properly used, it may be the means of promoting health, comfort, and economy. Fathers and mothers will do well to encourage their little daughters in the study and practical use of it.

But this book has been also compiled as a Class Book for the use of schools, and is peculiarly well adapted by arrangement for this purpose. Cooking-classes in connexion with our Board Schools are becoming more and more general, and are a most valuable addition to the means of education provided for our school-girls, who, be it remembered, will, in a very few years' time, become Housewives and Mothers in their turn, and for whom,

therefore, a more perfect acquaintance with the most wholesome kinds of food, and the best ways of cooking them, will do much towards improving the health and morality of future generations. Mrs. Richmond's Appendix No. 1, which has been written *entirely from practical experience*, gives full directions for making these classes self-supporting after the first necessary purchase of cooking-utensils, &c.

In conclusion, let me earnestly remind my readers that nourishing, appetising food will do more towards checking our national sin of Intemperance than all the moral or religious influences brought to bear upon our ill-fed, starving fellow-countrymen and women, who are often quite incapable of turning the value of a few pence to the best account, and therefore try to satisfy the cravings of appetite for the time by stimulating drinks which (when taken in excess and without solid food) *wear out* the tissues of the body instead of renewing them.

English wives and mothers ! make a careful study of the Art of Cooking, that the responsibility of this sin of Intemperance may no longer rest upon your consciences. Try so to excel in the preparation of each family meal, that all who sit down to your table may be able to give thanks sincerely and heartily to Almighty God for the good things provided for their sustenance.

E. CRUWYS SHARLAND.

ROSE BANK,
TIVERTON, DEVONSHIRE.
April 14, 1886.

THREE COURSES FOR THREEPENCE.

PART I.

TEN LESSONS IN COTTAGE COOKERY.

LESSON I.—DINNER.

Split Lentil Soup. Poor Man's Goose, and Cocoa Mould. Extra Instruction. How to Roast a Joint of Meat.

THESE cooking lessons, to which I hope you will attend carefully, ought to be of great value to you. All women should understand cooking, for if they have not to do it themselves, they have to direct others. Our good Queen's daughters all learned how to cook, and were able, while quite young girls, to ask their parents to a meal of their own preparing, in a garden house at Osborne, where they had no servants to help them. Later in life, the Princess Alice was in the habit of preparing a good meal for a sick cottager whom she found lying alone in a woodman's hut, and was an excellent housekeeper in every way. Girls who can cook should be of great use in the world, and can, if they choose, earn good wages. Besides this, they can feed their families properly, and so make them healthy and contented. The more girls learn to cook the fewer men will take to drink ; for it is often the want of comfort at home that drives a man to the public-house. At each lesson I shall try to teach you to cook three dishes, soup, meat, and pudding ; and as we are never to exceed the cost of threepence per head, I shall have to make each dish not only nice and nourishing, but also economical.

The dinner to-day will be Lentil Soup, Poor Man's Goose (with a cabbage), and Cocoa Mould, and will dine eight persons.

First we must consider which dish will take the longest time ; and as the Cocoa Mould is eaten cold, we will begin with that.

COCOA MOULD.

Materials.—3 tablespoonfuls of cornflour, 1 Cadbury's cocoa essence, 2 sugar, 1 quart of milk.

Directions.—Mix the three dry materials thoroughly together, then add the milk. Boil for 10 minutes, stirring all the time. Dip a basin in cold water, pour the mixture into it, and let it stand till cold. Turn it out carefully.

To make this dish well you must learn how to mix the milk properly. All such food as cornflour, arrowroot, gruel, and cocoa, depends upon this. You must put a very little cold milk at a time, thoroughly breaking the lumps against the side of the basin before adding a little more. If all the milk is poured in at once, the lumps cannot be broken, and the food is spoiled.

Directly you find your mixture beginning to thicken (when it boils), take it quickly off the fire, and beat it up thoroughly till all is thick, then place it where it will simmer only, and stir it for ten minutes.

Be sure to stir it in the *middle*, as well as round the *edge*, in boiling ; or it will burn. This is a most nourishing dish, much liked by children. If the weather be hot, stand the mould in cold water to set, or pour the cocoa into small jam-jars, when it will cool quicker, and make a pretty dish when turned out.

POOR MAN'S GOOSE.

Materials.—1 pig's liver, $\frac{1}{2}$ lb. bacon, 2 lb. potatoes, 2 tablespoonfuls of flour, $\frac{1}{2}$ teaspoonful of pepper, 1 salt, 2 powdered sage leaves, 1 onion, 1 teacupful of water.

Directions.—Mix the flour, pepper, and salt ; slice the liver and bacon, and dip each slice in this seasoning. Parboil the onion, chop it finely, and mix with the sage. Place the meat in layers in a pie-dish, each sprinkled with onion and sage. Parboil the potatoes, slice them and fill the dish. Pour the water over the whole, and bake an hour and a half.

This seasoning (flour, pepper, and salt) should be used

for all meat pies and puddings, as it makes the gravy nicer and more nourishing. Cold potatoes may be used, sliced or mashed. To parboil potatoes, pare them very thin (for the most nourishing part of a potato lies close to the skin) and boil them for fifteen minutes. It is a good plan in boiling the onion to put it into a jam-pot, with water to cover it, and let it boil ten minutes in the oven, as the flavour of an onion is very difficult to remove from a saucepan, and spoils it for other cooking. Always keep one special knife to peel and chop onions, for the same reason. The liver and bacon must be sliced thin; and if well cooked, this dish will be greatly liked, as it resembles goose in flavour, but is much more wholesome.

SPLIT LENTIL SOUP.

Materials.— $\frac{1}{2}$ lb. split lentils, 1 onion, 1 carrot, 1 turnip, a bit of butter the size of a walnut, 3 quarts of water, pepper and salt to taste.

Directions.—Wash the lentils in warm water over night, and pick them over. Then put them to soak for twelve hours in two quarts of cold water. At nine o'clock the next morning, put them on to stew, with the onion, carrot, and turnip, washed, pared thin, and sliced. At half-past twelve, turn the whole into a colander or sieve, pulp it through with a large spoon. Put the soup again into the saucepan, add the butter, pepper, and salt, warm it, without boiling, and serve.

About thirty years ago, every one was talking about a new food that was to cure all diseases. It was sold under the name of *Revalenta Arabica*; and though I need hardly tell you it did not cure every one, it was found to be extremely nourishing. It was, in reality, ground lentils, a *lentil* being a bean which comes from Egypt. This is a vegetarian soup, and contains enough nourishment for a family of children to dine off, with a good piece of bread. All peas and beans are great *flesh-formers*, and are therefore good food for growing children. Some foods give warmth to the body, and are called *body-warmers*; some go to form the flesh, bones, brain, &c.; so, that, if we would be strong and healthy, we must take different kinds of food, and so supply the whole body. We must also have the salts which are found in milk, green vegetables, and fruit, or we shall

become diseased. In all our dinners, I shall try to give you *flesh-formers*, *body-warmers*, *starch* to fatten you, *lime* to make your bones strong, and a proper supply of cooling *salts*, &c.

To-day, this list will be as follows :—

Flesh-formers.—Meat, lentils, and milk.

Body-warmers.—Fat bacon, butter, sugar, and milk.

Fatteners.—Potatoes, cornflour, cocoa, and milk.

Salts, Potash, and Lime.—Cabbage, potatoes, lentils, and milk.

COST OF MATERIALS.

SOUP.				MEAT.			
<i>Split Lentil.</i>				<i>Poor Man's Goose.</i>			
			<i>d.</i>			<i>s.</i>	<i>d.</i>
Lentils	...	...	1½	Liver, 1 lb.	...	0	6
Vegetables	...	...	1	Bacon, ½ lb.	...	0	3
Butter	...	...	0½	Onion and Sage	...	0	1
			—	Potatoes	...	0	2
			2¾	Pepper, salt, and flour...	...	0	0½

7.—Baste it often, with dripping if lean, and flour it occasionally.

8.—On dishing up, pour the dripping out of the pan, and set it aside. Add a pint or more of boiling water to the brown lumps (under the dripping), which should be left in the pan, put it in the hottest part of the oven for a few minutes, then pour the gravy over the joint, and serve hot.



LESSON II.—DINNER.

Haricot-bean Soup. Stewed Beef. Rice Pudding.

Extra Instruction. Rules for Boiling a Joint of Meat.

IN learning cooking, you will also, I trust, learn several other valuable lessons, such as cleanliness, thrift, and the habit of thinking of your duties beforehand. This last habit is very necessary to a good cook, especially with regard to soups. These haricot beans have been treated just like the lentils last week ; that is, well washed, and then soaked all night in two quarts of cold water. They were put on to stew at nine o'clock this morning, and there we will leave them while we make the Rice Pudding, as that needs two hours to bake.

BAKED RICE PUDDING.

Materials.—Rice, 1 teacupful ; milk, 1 quart ; sugar, $\frac{1}{2}$ teacupful ; shred dripping, 1 tablespoonful.

Directions.—Well wash the rice in warm water, rinse it in cold water ; mix the sugar with a little of the milk ; put rice, sugar, and milk into a pie-dish, add the shred dripping on the top. Bake slowly for two hours.

I have much to say to you about the great value of milk for children ; but to-day we have dumplings to make, and the stew to consider, for it should have an hour and a half to cook, so we must set to work quickly. If these lessons were not limited to two hours, we

would give the stew three or even four hours to cook, and it would be all the better ; but as it is necessary to show you the whole process, we cannot give it so much time as I should like for it.

STEWED SHIN OF BEEF, WITH DUMPLINGS.

Materials.—1 lb. shin of beef, 2 onions, 2 carrots, 2 turnips, $\frac{1}{2}$ lb. flour, 4 oz. dripping (or suet), 1 teaspoonful of baking powder, 2 salt, $\frac{1}{2}$ teaspoonful of pepper.

Directions.—Wash, pare, and slice the carrots and turnips, and boil them quickly for 20 minutes in a quart of water. Fry the meat (either whole, or cut into pieces) a light brown in 2 oz. of dripping, take it out and lay it in a saucepan. Slice the onions, fry them a little, then stir in, dry, 2 tablespoonfuls of flour, until brown. Take the vegetables out of the water, and add them to the meat. Pour the water in which they were boiled into the frying-pan to brown, then add it, with the onions, pepper, and salt, to the meat and vegetables, and stew slowly for an hour and a half. The dumplings are best boiled separately, and added to the stew just before serving. They will take from twenty to thirty minutes, according to size.

Two of you had better set to work to clean the carrots and turnips. Here is a brush ; that is the best plan for roots. Brush them well, in plenty of clean water, rinse them, pare them thinly, and then slice them. Now they must be put into boiling water, with a pinch of salt, and boiled quickly for twenty minutes. Then they will be fit to add to the stew. Skinning and cutting these two onions in rings is a more trying thing. Take the onion knife and a small chopping-board, and set to work. Keep your head well back, or your eyes will water. If they should do so, put your wrists under the tap. Cold water on the wrists will cure them at once.

Wash your hands well with soap and water, and now learn how to shred suet or dripping. We have 4 oz. of dripping here ; half of it is for frying, and we will put it on to heat in the frying-pan while we shred the rest. Take a sharp old knife, and pare this lump so thinly that it curls up ; that is *shredding*, and it is far better than chopping, for there are no lumps in the puddings made with this.

When the dripping in the frying-pan is hot, try it with a small bit of bread. It should brown in one minute ; when it does so, put in the meat, and fry till brown. Take it out, place it in this stewpan, and put it aside for a few minutes. Then fry the onions till they begin to look brown, stir in with them, dry, 2 tablespoonfuls of flour, which makes them a nice brown. We will now take the carrot and turnip out of the water, and place them on the meat in the stewpan. The water, which is nicely flavoured, must be put with the onions and flour, and fried a little, then pour the contents of the frying-pan also into the stewpan, add a little salt and pepper, and let it simmer (not boil) for an hour and a half.

Now we must make the dumplings. Perhaps some of you have not a weighing-machine at home, so I will show you how to measure without one. Take an ordinary tea-cup ; this, quite full of flour, will contain four ounces, so that four teacupfuls of flour will be one pound.

To-day we want half a pound (*i.e.*, two teacupfuls) of flour. Dripping (properly shred) is much lighter, so we will allow an extra quantity, and take a small teacupful for the 2 oz. we need. Mix this with the flour, a teaspoonful of salt (which should always be added to raw flour), and a teaspoonful of baking-powder, thoroughly, before adding any water.

Now watch me mix these into a paste. In my left hand I have a small jug of lukewarm water ; in my right a good-sized knife, with which I make a hole in the middle of the flour, and pour a little water in gradually, stirring sharply all the time. I put only enough water to make a stiff paste ; which I now cut into eight bits, and roll into dumplings on a floured board.

Put them into a saucepan of boiling water at half-past twelve, and boil sharply until the dumplings rise to the top of the water, which will be in about twenty minutes. Then take them out, and add them to the stew.

Remember that in making a stew the meat must not *boil*, or it will become hard and separate from the gravy. Stewing is a very thrifty way of cooking, for nothing is wasted in a stew, every bit will become tender and nice ; while the vegetables, dumplings, and gravy so add to the value of the pound of meat, that in this way it will make a good nourishing dinner for a family, with only the addition of a slice of bread each. There are both flesh-

formers, body-warmers, fatteners, and cooling salts in this one dish.

We have now plenty of time to learn the rules for boiling meat (see the end of the lesson), and then we must finish the soup.

WHITE HARICOT-BEAN SOUP.

Materials.—Haricot beans, 1 pint; milk, 2 table-spoonfuls; salt and butter, 1 teaspoonful each; water, 2 quarts.

Directions.—Wash the beans over night, and set them to soak in cold water. Boil them four hours before dinner time, and pulp through a sieve. Add the milk, salt, and butter, and make the soup boil before serving.

This is another very good soup, full of nourishment, and easy to make. If wanted for a dinner for children, without a dish of more solid food, it is a good plan to cut up slices of bread (one for each child) into dice half an inch square, and fry them a nice light brown, to eat with the soup. This forms an excellent dinner for children at a very small cost.

In pulping the beans through a colander, press them against the side to break them. Then pour over them a little of the hot soup, which will make them pulp better. A little patient work will often make them go through, when at first they seem too hard to do so. Each girl must take her turn, and learn to pulp soup.

ANALYSIS OF FOOD.

Flesh-formers.—Beef, haricot beans, milk.

Body-warmers.—Dripping, butter, sugar, milk.

Fatteners.—Flour, rice, milk.

Minerals.—Carrots, turnips, onions, milk.

COST OF MATERIALS.

SOUP.			MEAT.		
<i>White Haricot Bean.</i>			<i>Stewed Shin of Beef.</i>		
1 pint beans...	...	1½	1 lb. Beef	...	8
Milk and butter, &c.	...	0½	Vegetables	...	1½
		2	½ lb. flour	...	2
			Dripping...	...	1½
			Pepper, salt, &c.	...	0½
					1 1½

RULES FOR BOILING A JOINT.

9

PUDDING.				TOTALS.				s.	d.
<i>Baked Rice.</i>									
			<i>d.</i>	Soup ...	...	...	...	0	2
$\frac{1}{4}$ lb. rice ...	...	...	$0\frac{1}{2}$	Meat ...	...	...	...	1	$1\frac{1}{2}$
Milk, 1 quart ...	...	...	3	Pudding ...	...	...	...	0	4
Sugar and dripping ...	...	...	$0\frac{1}{2}$	Bread ...	...	...	...	0	3
			—	Potatoes ...	...	...	...	0	$1\frac{1}{2}$
			4						
								2	0

To dine eight persons; average, 3d. each.

RULES FOR BOILING A JOINT OF MEAT.

1. Wash the meat thoroughly in warm water.
 2. Be sure your pot will hold the joint, then fill it with water, and make it boil quickly, adding a little salt.
 3. Allow twenty minutes to the pound, and twenty minutes to dish up.
 4. Put in the meat, boil sharply for eight minutes, then take the pot off the fire and simmer only.
- N.B.—The object of boiling for eight minutes is to form a hard outside to the joint, and so to keep in the juices. If it were *boiled* all the time it would be hard; and if *simmered* from the first, all the juices would flow into the water surrounding the joint.
5. Keep the water high enough to cover the meat.
 6. Never throw away any water in which meat or bacon has been boiled; it makes excellent soup.
 7. Have a hot dish to place the joint in, and pour over it a teacupful of the water in which it was cooked, and a pinch of salt. Cover at once.



LESSON III.—DINNER.

Stock Soup. Mutton Pies. Stewed Apples. Extra Instruction. How to Clarify Dripping and Fat.

STEWED APPLES.

Materials.—Apples. 1 dozen; sugar, $\frac{1}{4}$ lb.; water, $\frac{1}{2}$ pint.

Directions.—Peel thinly, quarter, and core the apples, and place them in a brown jar. Mix the sugar and water, and pour it over the apples. Place the jar in a saucepan of water, which should boil two hours. Boiled rice may be served with the apples, or they may be eaten with bread.

English people eat too little fruit. It should constantly form part of our meals ; and for this purpose stewed fruit is the most wholesome. Children who do not get enough of the salts contained in fruit and vegetables, often eat hard green apples, gooseberries, and other unripe fruit. These, as well as injured and over-ripe plums, &c., cause diarrhœa, dysentery, and cholera, from which thousands of children die every year.

This plan of stewing in a jar is best, because the fruit will neither boil nor burn when cooked in a jar. Although the water around it in the saucepan boils, the contents of the jar only simmer slowly, which cooks the fruit in the most perfect way. You may stew plums, blackberries (with two or three apples added), rhubarb, gooseberries, &c., in the same way.

MUTTON PIES.

Materials.—Mutton, 1 lb. ; potatoes, 1 lb. ; 1 onion and parsley ; pepper and salt ; flour, 1 lb. ; dripping, 4 oz. ; baking-powder, 1 teaspoonful.

Directions.—Parboil the potatoes, cut the mutton in small pieces, chop the onion and parsley. Make the pastry ; grease eight tins, line them with pastry, fill them, cover, and bake for one hour.

Directions for parboiling potatoes will be found in the first lesson, but cold potatoes, left from yesterday's dinner, do equally well.

Now all must set to work to cut up the meat, wash the parsley, and chop it and the onion finely, and cut up the potatoes.

We will make the crust of the same materials as the dumplings in the last lesson, except that this crust is made of clarified fat, which should be shred, and then rubbed into the flour (after mixing the salt and baking-powder with it), until no lumps can be found. You may use 6 oz. of fat, as it is cheaper than dripping ; to make

pastry for a fruit tart, I should use 8 oz. of fat to a pound of flour, and a tablespoonful of sugar with it. This makes a rich, light crust, fit for any table, especially good when a little white sugar is sifted over it. But to return to the mutton pies.

Now learn to flour a pastry-board. Everything that touches pastry must be lightly floured, to prevent sticking, *i.e.*, board, roller, knife, &c. Then cut your pastry in two parts, place one of them on the board, and roll it out quickly and lightly. Take a clean knife, and grease (with dripping) eight patty-pans, line them with the pastry, and fill with equal parts of meat and potato. Sprinkle each with onion, parsley, pepper, and salt, and cover with pastry.

Cut the edges neatly with a knife dipped in flour, and use a fork, also floured, to pinch them together. They must be put for five minutes into the hottest part of the oven, then shifted to the cooler shelf. Pastry needs great heat for the first few minutes, to make it rise; then we must give the meat, &c., time to stew gradually. Pastry should be made in a cool place, with hands just washed and as cool as possible, or it will be heavy. To test the heat of the oven, sprinkle a pinch of flour on the hottest shelf; if it turns brown in half a minute, the oven is hot enough.

STOCK SOUP.

Materials.—Stock, 3 pints; onions, 2; cornflour, 2 tablespoonfuls; pepper and salt.

Directions.—Strain the stock through a tin strainer, cut the onions in rings, boil them in the soup for an hour. Then mix the cornflour in a little of the soup (cooled first), stir it in, add pepper and salt, and serve.

I wish to teach you to-day a great lesson in economy, the value and use of a *stock-pot*. No household should be without one, for a stock-pot, properly used, will supply a quantity of nourishing soup, which without it would be certainly wasted.

Few English people sit down to dinner on Sundays without a bit of meat; but what becomes of the bones?

Some give them to the cat; many let the children gnaw them, and then throw them away; a few put them on for an hour, "to make a drop of broth"; but rarely indeed

are they put to their proper use, *i.e.*, *made into soup*. All bones should be cracked up, and boiled for *at least two days*, to extract the whole essence they contain. (They should be cooked quicker than meat, which ought not to boil after the first five minutes.)

On Monday morning, then, collect the bones from the Sunday dinner, break them up, and put them on to boil in a clean saucepan. Add to them a little salt, and any bits of dry bread, clean cuttings of vegetables (except cabbage), onion, rind of bacon, scraps of potato, &c., and after boiling all day, turn out the contents at night into a basin. Wash out the saucepan, and put them on again the next morning (if left in the pot all night, the stock will not be of a good flavour). On Wednesday morning strain your stock, when cold, from fat, bones, &c., and add two onions, cut into rings, to boil for an hour (if well flavoured with onion, &c., before, this will not be necessary, but to-day we will add it). Just before serving, mix two tablespoonfuls of cornflour with a little of the soup (very evenly, as you have been taught), and let it boil up, adding pepper and salt. If the water used to clarify dripping has been added to the stock, it will not need browning, which may be done, if necessary, with a burned lump of sugar.

ANALYSIS OF FOOD.

Flesh-formers.—Meat, bones, &c. (in soup).

Body-warmers.—Sugar, fat, dripping.

Fatteners.—Cornflour, potatoes, flour, bread.

Minerals, Salts, &c.—Apples, vegetables.

COST OF MATERIALS.

SOUP.				MEAT.			
		d.			s.	d.	
Stock ...	...	...	0	1 lb. mutton ...	...	0	6
Onions and cornflour	...	...	1	CUTTINGS.			
		—		1 lb. potatoes ...	...	0	1½
		1		Onions and parsley	...	0	1
				1 lb. flour	...	0	2
				6 oz. fat ...	...	0	2
				Baking-powder ...	...	0	1
				Pepper and salt...	...	0	0
						1	1½

STEWED APPLES.				TOTALS.			
			d.			s.	d.
Apples, 1 doz.	...	...	3	Soup	...	0	1
Sugar, $\frac{1}{4}$ lb. ...	...	...	0 $\frac{1}{2}$	Meat	...	1	1 $\frac{1}{2}$
			—	Pudding	...	0	3 $\frac{1}{2}$
			3 $\frac{1}{2}$	Bread	...	0	3
				Potatoes	...	0	1 $\frac{1}{2}$
				Rice (to eat with apples)	...	0	1 $\frac{1}{2}$
						2	0

To dine eight persons; average, 3d. each.

HOW TO CLARIFY DRIPPING.

Cut the dripping into small pieces, and lay it in a basin. Pour boiling water on it, and stir it well till melted. When cold, remove the clarified dripping from the water, and melt it down again in a clean basin, to dry up the water in it. It will then keep for a long time, and will make excellent pastry.

The water in which dripping has been clarified should be added to the stock-pot, as it gives flavour, as well as colour, to the contents.

Fat (which may be bought at the butcher's in bits, at 4d. per pound) is still better, for all purposes in which dripping is mentioned in this book.

It should be clarified thus: cut 2 lb. fat into bits an inch square, add $\frac{1}{4}$ pint water, and 1 saltspoonful of salt. Simmer it till quite clear (it will take about twenty-five minutes), stirring it often; strain it off. This is better than butter for pastry.

LESSON IV.—DINNER.

Potato Soup. Roast Pork, with Yorkshire Pudding. Fried Tarts. Extra Instruction. How to Cook a Mutton Chop.

POTATO SOUP.

Materials.—Stock, 3 pints; 6 boiled potatoes; 1 onion; chopped parsley, 1 tablespoonful; milk, 1 teacupful.

Directions.—Slice the potatoes and onion, and boil them in the stock for two hours; then rub them through

a sieve. Chop the parsley, add it, with the milk, warm without boiling, and serve.

This delicious soup is made with the stock from bones, &c., which you learned to make last week. The potatoes were left from yesterday's dinner ; you may take eight, instead of six, as they are rather small. The three pints of stock will be reduced to rather less than a quart, in boiling two hours ; we will then rub the whole through a sieve while' hot, add the chopped parsley and milk, and warm it again before serving. It is full of nourishment, containing both flesh-formers, body-warmers, fatteners, and minerals, and makes an excellent dinner for children with plenty of good bread.

The roast pork, although a small joint, must have plenty of time to cook, for underdone pork is very unwholesome. To-day, we bring into practice the *Rules for Roasting* learned in Lesson 1, and you will learn by experience the value of them. The first rule is, *Have a good fire* ; this is necessary, because the meat must cook very quickly for the first ten minutes, to form a case round it, which will prevent the juices from escaping. After that it must cook gradually, so that the whole joint is thoroughly done through.

Rule II. is to *wash the meat in hot water*. If we consider the number of people who have handled a joint (even if it has not been wrapped in an old newspaper), we shall see that it should be washed. Then the next thing is to *consider its weight and thickness*, which we can do while washing it, to save time. Besides this, we must be aware that pork and veal need more cooking than beef and mutton, as they must on no account be under-done. When a joint is large and thick, it is necessary to allow more than the average twenty minutes per pound. An hour, however, will roast this bit of pork ; that is, twenty minutes to each of the two pounds, and twenty minutes over. It must be basted with dripping (unless fat) every ten minutes, and sprinkled with flour from a dredger. Twenty minutes before serving, we will add half an onion, parboiled and chopped, mixed with sage leaves, chopped or powdered. This should be sprinkled over the joint, with a little salt, as a seasoning.

Under the dripping in the pan, we shall find some thick brown lumps, which make good gravy. The dripping must be poured into a jar (and clarified after it

is cold), when we will add a little boiling water to these brown lumps, and a little salt. This gravy should be brought to boiling point, then poured over the meat, but do not let the meat get cold while you make the gravy. It should be covered in a hot dish.

YORKSHIRE PUDDING.

Materials.—Milk, 1 pint ; flour, $\frac{1}{2}$ lb. ; 1 egg ; salt, 2 teaspoonfuls ; baking powder, 2 teaspoonfuls.

Directions.—Beat up the egg, add it to the milk. Mix the flour, salt, and powder together, dry, and then gradually with the egg and milk. Beat them up for twenty minutes. Put a little dripping into a hot tin, and make it bubble : then pour in the mixture, place the tin under the joint, and bake for one hour. Cut it in square pieces before serving.

This is equally good with beef, mutton, or pork. It will not be light unless it is beaten up to the moment of turning it into the hot tin ; and it must then be put into the oven directly. Each of you must learn to beat up a batter ; it will make your arms ache at first, but all must take a turn. While this is going on, we can prepare the sweet which is to follow.

FRIED TARTS.

Materials.—4 stale farthing cakes ; milk, 1 teacupful, jam, 2 oz. ; dripping, 2 oz.

Directions.—Cut each cake in half, thin-ways ; warm the milk, and pour it over the cakes. Make the dripping hot in a frying-pan ; fry them a light brown ; spread each with jam before serving.

Bread, neatly cut, or stale roll, can be used instead of these cakes, if desirable. It is useful to know a few nice dishes which can quickly be added to a dinner, if needed ; this takes only ten minutes to make, and is generally liked.

You will now learn how to cook a chop or steak, the rules for which will be found at the end of the lesson. Never fry a chop : this is a common mistake, the meat is then hard and unwholesome. All chops and steaks must be cooked on a gridiron ; a double wire gridiron can be bought for tenpence, and is invaluable to a good cook.

The first thing to be thought of is the fire. A bright

coal fire, covered with small bits of coke or cinder, and sprinkled with salt, is the best to cook a chop. The fire should be prepared beforehand, and the gridiron made quite hot over it, before the meat touches it, or it will stick. The other rules require no explanation; but remember, in serving anything for an invalid, that every article on the tray must be perfectly fresh and clean.

Probably more lives are lost every year from ignorance of both good cooking and nice serving (for the sick), than those that are lost in battle. Invalids cannot eat common food; yet often their lives depend on the nourishment they can take. Therefore, no pains should be spared to make their meals *look* nice, as well as *taste* nice; for this will tempt a delicate appetite, and enable the patient to enjoy food. A small portion, hot, and well cooked (on a clean cloth, with a bright knife and fork, and a neat salt-cellar), will often save a life which, without attention to these little things, would be *unable* to rally.

ANALYSIS OF FOOD.

Flesh-formers.—Meat, stock, egg, milk.

Body-warmers.—Fat, dripping, milk.

Fatteners.—Potatoes, flour, cakes, milk.

Minerals, &c.—Vegetables, jam, milk.

COST OF MATERIALS.

POTATO SOUP.				d.	ROAST MEAT AND YORKSHIRE				s.	d.
Stock	...	...	...	0	PUDDING.					
Potatoes and onion	...	...	...	1	2 lb. pork	...	...	1	1	
Milk and parsley	...	...	...	1	1 pint milk	...	...	0	1½	
				—	Onion and sage...	...	...	0	0½	
				2	½ lb. flour	...	...	0	1	
					Egg	...	...	0	1	
					Salt and baking-powder	...	...	0	0½	
									1	5½
FRIED TARTS.				d.	TOTALS.				s.	d.
4 farthing cakes	...	...	...	1	Soup	...	...	0	2	
2 oz. jam	...	...	...	1	Meat and pudding	...	...	1	5½	
Milk	...	...	...	0½	Sweet dish	...	...	0	2½	
				—	Bread	...	...	0	2	
				2½					2	0

To dine eight persons; average, 3d. per head.

RULES FOR COOKING A CHOP.

1. Make a clear fire, with coke or cinders, and salt, half an hour before you need it.
 2. Heat the gridiron before putting on the chop.
 3. Put a dish and plate to warm.
 4. Never stick a fork into the chop, turn it (if you use a single gridiron) with two spoons.
 5. Turn the chop every two minutes, three times : then every minute, six times. It will thus be cooked in twelve minutes, unless very thick, when it may be given three more turns.
 6. Sprinkle it with a little salt, and serve hot.
- (N.B. A beef-steak should be cooked in the same way, only allowing a little more time.)



LESSON V.—DINNER.

Pease Soup. Curried Rabbit. Tapioca Pudding.
Extra Instruction. How to make Beef-tea.

TAPIOCA PUDDING.

Materials.—Tapioca, 1 teacupful ; milk, 1 quart ; sugar, 2 tablespoonfuls ; dripping, 1 oz.

Directions.—Place the tapioca in a pie-dish, mix the sugar thoroughly with the milk, and pour it over the tapioca. Shred the dripping into it. Put it into the oven, and stir every ten minutes, three times ; then bake for an hour longer.

As this pudding should cook slowly, we must make it first. It is quickly made, but while you are mixing the milk and sugar, and shredding the dripping, you shall learn a little about milk.

There are only two kinds of food which contain everything we need to nourish the whole body ; these are whole-meal bread (or porridge) and milk. If you look at the "Analysis of Food," at the end of each lesson, you will often find one word repeated each time. That word is MILK, for it contains all the nourishment necessary to make us strong and healthy.

When a babe is very young, its tiny bones are like gristle, bending easily ; and they do not become quite hard until it is seven years old, or more. If a young child has plenty of milk, the minerals (lime especially) it contains will harden these soft bones, and make them strong, so that the child will stand and walk in due time.

A child with bow-legs and a weak back, has usually been fed too much on "fatteners" only, and has not been given enough milk. Every babe should take three pints of milk daily until it has cut its first set of teeth (that is, until it has twenty teeth, ten in each jaw) ; and all growing children should take as much milk as possible. If this were so, we should hear much less of *hip-disease* or *consumption* among young people. These terrible diseases make an easy prey of children who are not properly nourished ; but milk gives nourishment in its most easily digested forms. Look at a calf before it begins to graze. What limbs it has ! What power to knock you down ! Yet it never tasted anything but *pure milk*. Remember, then, to supply plenty of milk to those children with whom you have to do, if you would have them strong and hearty.

CURRIED RABBIT AND DRY BOILED RICE.

Materials.—1 rabbit ; curry powder, 1 tablespoonful ; flour, 3 tablespoonfuls ; 3 onions ; dripping, 2 oz. ; rice, 1 teacupful ; stock (or water), 1 pint.

Directions.—Wash the rabbit thoroughly, and cut it into small joints, splitting the head in two parts. Chop the onions, and fry them in the dripping, till brown. Mix half the flour and the curry-powder evenly in a pint of stock (or water) and fry them with the onions till thick. Dip the joints of rabbit into the rest of the flour, and add them to the gravy. Let it cook slowly, at the side of the fire, uncovered, for an hour, stirring it occasionally. It must not boil.

DRY BOILED RICE.

Wash the rice in warm water, and throw it into a saucepan of boiling water. Keep it boiling for eight or ten minutes ; then turn the rice into a sieve, and place it on a plate in the oven. Shake it every five minutes till dry, which will be in about twenty minutes.

It is impossible to give a certain rule for boiling rice, because the different varieties and sizes need different treatment. The best way to make sure of the *exact* time your rice will take to boil and dry is to try a small quantity, and note how long it needs to cook. Few English cooks can boil rice well; it is worth a little trouble to get over the difficulties; and when once you have made sure how many minutes the rice you buy must have (both to boil and to become thoroughly dry), then keep to the same kind of rice, and you will have no trouble. If it be over-boiled, it becomes wet and mashy; if not done enough, hard. To be well done, every grain should be swelled to its full size, yet dry and separate from the rest. Curry, too, is seldom well made; but it is so useful a dish, that all should learn it. In India, they make delicious curries of chicken, hard-boiled eggs, cold meat (cut in bits, or minced), cold vegetables, prawns, and even of toast, cut in dice, and fried brown. If expense is no object, butter may be used instead of dripping, and half a teacupful of shred cocoanut, and a sour apple (chopped fine), added, before stewing. Half a lemon, squeezed over the curry just before serving, is thought an improvement too; but to-day we will do without these extravagant extras.

PEASE SOUP.

Materials.—Split peas, $\frac{1}{2}$ lb.; 1 onion; 1 turnip; 1 carrot; dripping, 3 oz.; pepper and salt.

Directions.—Wash the peas over night, and soak them in three pints of cold water. Wash, pare, and slice the vegetables; boil them with the dripping, peas, water, and a little salt, for three hours. Pulp them through a sieve, add pepper; warm and serve.

You may make this soup either with stock or the water in which meat or bacon has been boiled; the dripping is then unnecessary. Bacon-rind or bone, or, better still, a bit of ham-bone, improves the flavour, but it is an excellent and nourishing soup without them.

ANALYSIS OF FOOD.

Flesh-formers.—Peas, rabbit, milk.

Body-warmers.—Dripping, milk.

Fatteners.—Flour, tapioca, rice, milk.

Minerals.—Vegetables. milk.

COST OF MATERIALS.

PEASE SOUP.				d.	CURRY AND RICE.				s.	d.
Pease, $\frac{1}{2}$ lb. ...	...	...	...	1 $\frac{1}{2}$	Rabbit ...	...	...	...	0	10
Vegetables ...	...	...	...	1	Curry-powder and salt...	...	...	...	0	1
Dripping, 3 oz. ...	...	...	...	1	3 onions ...	...	...	...	0	1
				—	Dripping, 3 oz. ...	...	...	...	0	1
				3 $\frac{1}{2}$	Flour ...	...	...	...	0	0 $\frac{1}{4}$
					Rice, $\frac{1}{2}$ lb. ...	...	...	...	0	1
										1 2 $\frac{1}{4}$
TAPIOCA PUDDING.				d.	TOTALS.				s.	d.
Tapioca ...	...	...	...	1	Soups ...	...	...	...	0	3 $\frac{1}{2}$
Milk, 1 quart ...	...	...	...	3	Curry and rice ...	...	...	...	1	2 $\frac{1}{4}$
Sugar... ...	...	...	...	0 $\frac{1}{4}$	Tapioca pudding ...	...	...	...	0	4 $\frac{1}{4}$
				—	Bread ...	...	...	...	0	1
				4 $\frac{1}{4}$	Potatoes ...	...	...	...	0	1
										2 0

To dine eight persons; average, 3d. per head.

HOW TO MAKE BEEF-TEA.

1. Get one pound of shin of beef.
2. Cut it in bits about half an inch square, clearing them from all fat.
3. Place them in a brown necked jar, with one pint of cold water, and let it soak for an hour.
4. Add a teaspoonful of salt, and put the jar into a saucepan of hot water, to boil for one hour.
5. Be sure the water does not get into the jar; but it must be kept up nearly to the neck.
6. Pour the beef-tea through a fine strainer.
7. Serve a small teacupful, hot, with dry toast nicely cut in dice, pepper and salt.



LESSON VI.—DINNER.

Scotch Broth. Toad-in-the-Hole. Apple Charlotte.

Extra Instruction. How to Cook Potatoes.

APPLE CHARLOTTE.

Materials.—Apples, 2 dozen; bread-crumbs, 4 teacupfuls; sugar, 1 teacupful; dripping, 1 oz.

Directions.—Peel the apples thinly, take out the cores, and cut them up. Grease a pie-dish, line it with bread-crumbs, and fill it with layers of apples and sugar. Cover with bread-crumbs, then a piece of white paper spread with dripping, and a tin dish or plate over all. Bake two hours, and turn it out of the dish in serving.

Apples are very wholesome when well cooked; but there are several little things that you should know about them. First, always choose *sour* apples for cooking, as they are the best for the purpose. Some kinds of apples take much longer than others to bake; therefore avoid using two or more kinds in the same dish; if you do, some parts will be done before the rest. Some apples require a little lemon juice (or peel) added to make them cook. A common mistake is to cut apples too small. Each apple should be cut in six or eight bits, according to size. Some cooks will *slice* them thin, thinking they will cook quicker so; but they *never* cook properly when cut so, for the juice all runs out, and leaves them tough. This dish (Apple Charlotte) is nicer and more wholesome than apple pie, but it requires to be cooked slowly, after the first half-hour, and the heat to be kept in by being covered with a tin. In serving, this dish is usually turned out on a nicely-folded napkin, in a small dish, and a little white sugar may be sifted over it.

SCOTCH BROTH.

Materials.—3 pints stock; 2 carrots; 2 turnips; 2 onions; pearl barley, 3 tablespoonfuls; salt.

Directions.—Strain the stock from fat, &c. Cut the onions in rings; wash, pare, and cut up the carrots and turnips, boil them in the stock for three quarters of an hour, then add the barley, and stew altogether for three quarters of an hour longer. Add pepper and salt, and serve without pulping.

This stock, which, you see, is brown and clear, is the water in which a joint of mutton was boiled, with brown flavouring added from water in which beef dripping has been clarified. It has been boiled away until it is now three pints. You can, however, make this nice soup from ordinary stock from bones, &c., but it may require browning. If you wish to make it look very elegant, you may do so by using these small tin shapes to cut the

vegetables. Slice them thin, and then cut them into stars, rings, &c., with the shapes. This is pretty work, which all will like to try ; but we must be quick over it, for we have another dish to prepare. We will put in the barley at a quarter past twelve.

TOAD-IN-THE-HOLE.

Materials.— $1\frac{1}{2}$ lb. of beef ; $\frac{1}{2}$ lb. of flour ; 1 egg ; milk, $1\frac{1}{2}$ pint ; 1 onion ; pepper and salt ; baking-powder, 2 teaspoonfuls.

Directions.—Mix the baking-powder with the flour, dry ; then both, evenly, with the egg and milk ; beat it for twenty minutes. Cut the meat into bits, grease a pie-dish, lay the meat in it, chop the onion, and sprinkle over it with pepper and salt. Pour in the batter, and place it at once in a hot oven ; when it has risen, remove it to the cooler part, and bake one hour.

This is the same kind of batter we made in Lesson IV. for Yorkshire Pudding. Make it first, for some of us will have time to cut up the meat and chop the onion while others are taking their turn to beat it. You can make this dish with cold meat, if not too dry, but uncooked meat is the best.

You will now learn how to cook potatoes, the rules for which will be found at the end of the lesson. The skin of a potato is like cork, it will not allow water to pass through it ; therefore, to cook a potato properly, the skin must not be removed, or the juices will run out, and the water get into the potato. So we will only brush the skins clean, and rinse the potatoes thoroughly in cold water, then put them into a pan of boiling water, boil quickly for ten minutes, and then slowly until the potatoes are tender, which will be in about twenty minutes or more, according to the size and sort of the potatoes. Then pour off the water, set the saucepan at the side of the fire, covered with a clean cloth, for ten minutes. The potatoes will then be dry and mealy. Be sure to pick out potatoes of the same size, for boiling ; if you do not, the large potatoes will be hard in the middle, when the little ones will break to pieces.

Potatoes are most wholesome baked in their skins ; they take about two hours to cook in this way. They should be brushed clean. Put into the hot part of the

oven at first, turned in half an hour, then moved into the cooler part of the oven for the second hour's cooking. Potatoes baked in this way should be served in a folded napkin, and eaten with a little butter and salt.

Many of the dishes you learn here would make an excellent hot tea or supper for working men when they come home after a hard day's toil. Often they are unable to spare time from their work to get home to dinner, and must put up with cold food; and in this case, they should always be able to look forward to a comfortable, well-cooked, nicely-served tea on their return. You may be quite sure of this,—that if all working men were greeted with the scent of something good to eat when they came in tired; if the home were tidy and clean, and the hearth well swept, and the wife and children bright and smiling, few indeed of the men would care to start out again for the "public," to waste their substance and their health in drink. The craving for comfort which we all have must be satisfied *at home*, and it is in the power of every one of us, when we are women, to make a home happy or miserable. This may seem to you not to have much to do with learning to cook; but if you think so, you are mistaken, for it is our *duty*, as well as our wisdom, to learn all the arts that make home bright, and those who live in it happy and content.

Another nice dish is *Savoury Potatoes*. It is made by placing potatoes, thinly pared, in a tin dish, with three or four ounces of dripping, sprinkling them with flour from a dredger, and sage and onion (finely chopped), and baking them for an hour or more, according to size. Cold potatoes, sliced and fried; or raw potatoes, sliced extremely thin, and fried dry, are also very good. But for the last it is necessary to use butter or oil, and the potatoes must not be put into the pan until the heat has been proved to be sufficient by throwing in a crumb of bread, which should brown in less than a minute.

ANALYSIS OF FOOD.

Flesh-formers.—Meat, egg, stock, milk.

Body-warmers.—Dripping, sugar, milk.

Fatteners.—Flour, bread, barley, milk.

Minerals.—Vegetables, apples, milk.

COST OF MATERIALS.

SCOTCH BROTH.				TOAD-IN-THE-HOLE.			
			d.			s.	d.
Stock...	...	...	0	1 lb. beef cuttings	...	0	8
Vegetables	...	...	1½	½ lb. flour	...	0	1
Pearl Barley...	...	...	0½	1 egg	...	0	1
			—	Milk, 1½ pint	...	0	1½
			2	Onion, pepper, and salt	...	0	0½
				Baking-powder	...	0	0¼
						1	0¼
APPLE CHARLOTTE.				TOTALS.			
			d.			s.	d.
Apples	...	...	2½	Soup	...	0	2
Bread-crumbs	...	...	2	Meat	...	1	0¼
Sugar	...	...	1	Pudding	...	0	6
Dripping	...	...	½	Potatoes	...	0	2
			—	Bread	...	0	1¾
			6			2	0

To dine eight persons; average, 3d. per head.

HOW TO COOK POTATOES.

TO BOIL.

1. Pick out enough potatoes of the same size.
2. Brush the skins clean in cold water.
3. Put them into boiling water, with a little salt, boil quickly for five minutes, then slowly for twenty or twenty-five minutes, according to the size of the potato.
4. Drain off the water, and let them dry for five minutes by the side of the fire.
5. Peel them; or, if served in the skins, put a folded napkin round them in the dish. Serve hot.

TO BAKE.

1. Choose the largest potatoes of one size.
2. Brush the skins clean in cold water.
3. Place them in the hottest part of the oven.
4. Turn them round in half an hour.
5. After baking an hour, remove them to the cooler part of the oven, and let them bake another hour.
6. Serve in their skins, in a fresh folded napkin.

LESSON VII.—DINNER.

Green Pease Soup. Haricot Mutton. Baked Jam Roll. Extra Instruction. How to Cook Eggs.

HARICOT MUTTON.

Materials.—1 lb. breast of mutton ; haricot beans, 1 teacupful ; 2 carrots ; 2 turnips ; 2 onions ; dripping, 3 oz. ; flour, 2 tablespoonfuls ; pepper and salt.

Directions.—Wash the beans over night, and soak them in cold water till morning, then set them on to stew till needed, for they take a long time to become soft. Wash, pare, and slice the carrots and turnips, then put them on to boil with the beans for twenty minutes in a pint of boiling water. Then cut the mutton into small pieces ; put the dripping on to heat in the frying-pan, and when quite hot, fry the meat slightly. Take it out, and place it in a saucepan ; then fry the onions brown. When the vegetables have boiled twenty minutes, strain off the water, thicken it with the flour, and fry it with the onion. Add the vegetables and thickened gravy to the meat in the saucepan, with a little more stock or water if necessary, and stew slowly, without boiling, for an hour or more.

This nice dish is something like the stewed beef which you learned to make in Lesson II., but instead of dumplings with the beef, we have haricot beans with the mutton. We have to thank the French for this, and a good many other nourishing dishes ; for they understand, far better than most English people, how to make a really delicious dinner without buying a whole joint of meat. Plenty of vegetables mixed with the meat, add to its good flavour, and lessen its cost. Beans and pease are of themselves so full of nourishment, that many people tell us they will take the place of meat as flesh-formers. Be that as it may, there is no doubt that we might all benefit by the teaching of vegetarians, in so far as to do with very *much less* meat, if we took pains to supply our families with plenty of vegetable flesh-formers.

BAKED JAM ROLL.

Materials.—1 lb. flour; 4 oz. dripping; 2 tablespoonfuls brown sugar; 1 teaspoonful of baking-powder; 1 teaspoonful of salt; $\frac{1}{4}$ lb. gooseberry jam.

Directions.—Make the pastry as in Lesson III., adding to the dry materials one tablespoonful of sugar. Roll it out, mix the jam with a tablespoonful of water and a tablespoonful of sugar. Spread it evenly over the pastry, roll it up, and bake for an hour, on a floured tin.

The pastry for a jam roll should be half an inch thick, and you must roll it in a sort of oval shape to pack it up well. Many cooks make rolled puddings from which the jam (or treacle) runs out. This is bad packing. Roll it carefully up until there is only room for one turn more, then turn the ends up and place them on the *top of the roll*, covering them with the flap of the roll, and stick this together with a little water if necessary. Bake it in a quick oven at first, so as to harden the outside, and make the pastry light; after the first ten minutes, put it back, to cook more slowly. You can make, in the same way, currant or raisin rolled puddings, boiled or baked; if to be boiled, they should be put into a clean cloth, tied securely at each end with string, and put into boiling water. Jam is now so cheap and good, that the economy of adding sugar and a little water is scarcely necessary. But when well mixed in this way, it spreads more evenly, and the same amount of jam makes a better pudding, than if the sugar and water are omitted.

GREEN PEA SOUP.

Materials.—Green peas, $\frac{1}{2}$ lb.; 2 young onions; 1 sprig of mint; 3 pints of stock; pepper and salt; 1 tablespoonful of cornflour; 2 tablespoonfuls of milk.

Directions.—Pick over the peas, and take out any that are black; peel and cut the onions, using the green if possible; boil the peas and onions in the stock for three hours, putting the sprig of mint in for the last five minutes only. Rub it through the sieve, mix the cornflour and milk evenly, add to the soup when cool, pepper and salt, boil it up, and serve.

Those of us who have gardens, often have peas left until they are rather too old for eating as a vegetable. They will then make good soup, at a nominal cost, if made with stock from bones, &c. The green of the onion being used (as well as the bulb) improves the colour of pease soup. Do not stew the mint for more than five minutes, or the flavour will be too strong. In all soups thickened with cornflour and milk, it is necessary to take great care that it does not burn. It should just boil up, and be stirred as it boils, for about three minutes, then served. Some cooks use wheat flour for thickening soups, but this, unless boiled for ten minutes, tastes raw, and spoils the flavour of the soup. Cornflour is more delicate in flavour, and needs less boiling.

To-day you will learn how to cook eggs. And let me tell you this, that not one ordinary cook out of a hundred understands this simple little operation. The usual mistake is that they boil the egg; and then, it is not only *boiled*, but *spoiled*.

You know that an egg consists of two parts, the yolk and the white; this last, the white especially, contains a most valuable nourishment called albumen. Uncooked, this looks clear and is thin, but when boiled it thickens into a hard mass, and becomes then not very digestible. Now, when a cook puts an egg into boiling water, the heat soon gets through the shell and hardens the white, which is next to it, until it becomes so hard that the heat can scarcely penetrate to cook the middle part of the egg. So, if you cut off the top of an egg which has been boiled very fast in the usual mistaken way for three minutes, you will find the part next the shell hard and indigestible, the middle part slimy and ill-cooked, and the yolk just warmed through. Therefore, never *boil* an egg, but *coddle* it. To do this, we must have some boiling water in a small saucepan, put in the egg, cover it, and let it stand near the fire (on a hob) for five minutes; then, if we examine it, we shall find that it is well and evenly cooked all through; the white will be creamy, but not hard, and the yolk as well cooked as the white. One of the secrets of good cooking is this:—To begin early, so as *not to be in a hurry*. Most things cook better slowly than fast, and it is a great mistake to fancy that an enormous fire and very fast boiling is necessary to cook a dinner.

ANALYSIS OF FOOD.

Flesh-formers.—Mutton, peas, beans, milk.

Body-warmers.—Dripping, fat, sugar, milk.

Fatteners.—Flour, cornflour, milk.

Minerals.—Peas, carrots, turnips, beans, jam, milk.

COST OF MATERIALS.

GREEN PEASE SOUP.				d.	HARICOT MUTTON.				s.	d.
Stock	...	...	...	0	1 lb. mutton	...	...	0	7	
Peas	...	...	...	1	Haricot beans	...	...	0	1	
Onions, mint, &c.	...	...	...	1	Vegetables	...	...	0	2	
				—	Dripping, 3 oz.	...	...	0	1½	
				2	Flour, pepper, and salt...	...	...	0	½	
										1 0
BAKED JAM ROLL.				d.	TOTALS.				s.	d.
1 lb. flour	...	...	...	2	Soup	...	...	0	2	
4 oz. dripping	...	...	...	2	Meat	...	...	1	0	
Sugar, &c.	...	...	...	1	Pudding	...	...	0	7	
Jam	...	...	...	2	Potatoes	...	...	0	1½	
				—	Bread	...	...	0	1½	
				7						
										2 0

To dine eight persons; average, 3d. per head.

HOW TO COOK AN EGG.

1. Make some water boil in a small saucepan.
2. Put the egg in carefully with a spoon.
3. Place the saucepan near the fire, where it does not boil, but is near boiling point.
4. Take the egg out in five minutes.

TO POACH EGGS.

1. Grease four small cups or jars slightly, and break a fresh egg into each.
2. Stand the jars in a stew-pan of hot water, and boil till the white of the egg is set.
3. Toast two slices of bread, and butter them, keep them hot till the eggs are done.
4. Cut each slice in half, and turn out each egg on a square of toast, sprinkle it with a pinch of salt, and serve hot.

LESSON VIII.—DINNER.

Vegetable Soup. Stewed American Beef, with Dumplings. Favourite Pudding. Extra Instruction. How to Cook Fish,

IN Lesson II. we shall find directions for making a stew, with dumplings, which will be useful to us to-day. The only difference to-day is this, that in that lesson you were taught to stew raw English beef, while to-day we have 1 lb. of cooked American beef. This excellent beef does not need more cooking ; it is, indeed, best eaten cold, but it may very well be cut in rather thick slices and added to the stewed dumplings, vegetables, and thick gravy for five minutes before serving, just to warm it through.

It is cheaper than English beef, very nourishing, and light of digestion. Many ignorant people fancy that because it comes from a foreign country it cannot be good ; but they do not understand that in these countries, where there are few inhabitants and enormous droves of cattle, the beef is so cheap, because there is more meat than the people can eat. It is, therefore a great blessing that a plan has been found to send some of it to England, where meat is so dear.

FAVOURITE PUDDING.

Materials.—1 lb. stale bread, 2 oz. of dripping, 1 teacupful of raisins, 1 egg, 1 pint of milk, 2 tablespoonfuls of sugar.

Directions.—Grease a pie-dish, slice the bread, stone the raisins, and lay them in a ring at the bottom of the dish, with a few in the centre ; spread the bread with the dripping, lay it in slices in the dish, with the sugar and the rest of the raisins sprinkled between ; beat the egg to a froth, mix it with the milk, and pour it over the rest. Bake for an hour.

It will sometimes happen, even in the most careful housekeeping, that there is more stale bread than can well be used. This is specially likely to be the case on Monday mornings, when Saturday's bread, if not home made, will be found to be very dry. This is a delicious pudding made with this bread; but if you have dry sponge cakes, or queen cakes, you may lay them in slices between the bread, or make the pudding entirely of them. It will then make a rich pudding, which is equally good cold or hot. It should be turned out of the dish in serving, and may be ornamented with a little sifted white sugar.

VEGETABLE SOUP.

Materials.—3 potatoes, 3 onions, 3 turnips, 3 carrots, 3 quarts of water, 3 oz. of dripping.

Directions.—Brush, pare, and slice the vegetables, boil them for three hours (or more if the carrots are old,) pulp them through a colander, add pepper and salt, warm and serve.

Those of us who have a 'garden may make this nice soup very cheaply. If made with stock, you can leave out the dripping. A sprig of lemon thyme adds to the flavour, but it must only be put in for the last twenty minutes.

To-day you are to learn how to cook fish; but the fish must first be bought, so you will need to know how to tell fresh fish from stale. When a fish has not been long out of the water, the eyes are full and bright; when they are sunken and dull, you may be sure the fish is not good.

All fish should be thoroughly cleaned, and washed in two waters; and here let me tell you what to do with the refuse. Never fling it on to the dust-heap (where it will smell very bad, and may help to give you a fever), but *burn it*. Do not, however, put it on your fire till after dinner, when the fire is rather clear. Then place it in the middle of the fire, and cover it quickly with cinders and ashes, wetted. In this way it will give out no smell, and will be safely out of the way. Fish is full of nourishment; it contains many of the same good things as mutton and beef, but is lighter of digestion. It also contains a large proportion of *phosphorus*, a mineral which

we specially need to make our brains strong. It is, therefore, very valuable food for those who wish to be clever, and, indeed, for us all. In these days, when the education of children begins early, and those who would do well in life must work hard at books (while, at the same time, their bodies are growing and developing), it is absolutely necessary for children to be well fed, or they will be unable to bear the strain. A child that has plenty of food, well cooked, and varied from day to day, can do twice as much brain-work as a poor little one who is half-starved. By *half-starved*, I do not mean deprived of almost *all food*; but, perhaps, fed continually on bread and tea, or treacle, with only one proper meal in the week, *i.e.*, on Sundays. Children need (as I hope you know by this time) plenty of milk, good thick soup, sweet puddings, and fruit, and, if they cannot have meat every day, these make excellent substitutes. By carefully studying this little book, any one who will may feed her family thoroughly well at a very small cost. It is not necessary for children to have so many as *three courses* each day; much cheaper dinners may be arranged by giving them a good thick soup, with whole-meal bread, and a sweet milk pudding, one day; a meat dish, with plenty of potatoes, another; and a meal of fish, followed by stewed fruit and rice, on a third day. Endless different dinners may thus be arranged, each far better and more nourishing than the usual fare of poor children.

You will see, if you study the tables of *Cost of Materials*, that there is always something allowed for extra bread and vegetables in the whole cost (*i.e.*, of 3d. per head). No doubt it would be possible to arrange, from the receipts in this book, a system of *penny* dinners for children, which would give them thorough nourishment, and so save many young lives which would otherwise be sacrificed to a system of hard brain-work, without sufficient nourishment for the body.

ANALYSIS OF FOOD.

Flesh-formers.—Beef, egg, milk.

Body-warmers.—Dripping, sugar, milk.

Fatteners.—Bread, flour, milk.

Minerals.—Vegetables, raisins, milk.

COST OF MATERIALS.

VEGETABLE SOUP.				d.	STEWED AMERICAN BEEF.				s.	d.
Vegetables	...	...	...	2½	1 lb. American beef	...	...	...	0	7
Stock...	...	...	...	0	Vegetables	...	...	...	0	1½
				—	½ lb. flour	...	...	...	0	2
				2½	Dripping	...	...	...	0	1½
					Pepper, salt, &c.	...	...	...	0	0½
									1	0½
FAVOURITE PUDDING.				d.	TOTALS.				s.	d.
Bread	...	...	...	1½	Soup	...	...	...	0	2½
Fat	...	...	...	2	Meat	...	...	...	1	0½
Raisins	...	...	...	1	Pudding	...	...	...	0	6½
Milk, 1 pint..	...	...	...	1	Bread	...	...	...	0	2½
Egg and sugar	...	...	...	1½						
				—					2	0
				6¾						

To dine eight persons; average, 3d. per head.

HOW TO FRY FISH.

1. Wash the fish and dry it thoroughly.
2. Beat up an egg and brush the fish all over with it.
3. Rub some stale bread into fine crumbs through the wire sieve.
4. Dip the fish into the crumbs till covered, and shake off the loose crumbs.
5. Put enough clarified fat into a strong stew-pan to cover your fish, when melted.
6. When a blue smoke passes over the hot fat, *and not before*, put in your fish, and fry it till a golden-brown colour. (If thick, fry slowly, to give it time to cook through).
7. Drain it on soft paper when done.

TO BOIL FISH.

1. Put it into boiling water, with a tablespoonful of vinegar and a little salt; keep it boiling for five minutes.
2. Place it at the side of the fire, and simmer slowly till done. As this depends on the kind of fish, its thickness and size, no rule can be given for all.

LESSON IX.—DINNER.

Vegetable Marrow Soup. Kidney Pudding. Cornflour Mould with Jam. Extra Instruction How to Cook Vegetables.

CORNFLOUR MOULD.

Materials.—1 teacupful of cornflour, 1 quart of milk, 2 tablespoonfuls of sugar.

Directions.—Mix the milk very gradually with the cornflour and sugar, boil for ten minutes, stirring all the time; dip a mould in cold water, pour the cornflour into it. Turn it out when cold, and garnish with jam.

This pretty dish will be much liked in the summer, when anything cold is refreshing. It may be eaten with sugar only, or with stewed rhubarb, apples, or plums.

As the kidney pudding will take two hours' time to boil, we must set about it quickly.

KIDNEY PUDDING.

Materials.—1 lb. kidneys, 1 lb. flour, $\frac{1}{4}$ lb. dripping, 1 tablespoonful chopped parsley, 2 teaspoonfuls salt, $\frac{1}{2}$ teaspoonful pepper, 1 teaspoonful baking-powder.

Directions.—Mix two tablespoonfuls of the flour with the pepper and a teaspoonful of salt. Cut the kidneys in slices, and dip each bit into this seasoning. Make the rest of the flour, with the powder, salt, and dripping, into a paste, roll it out, grease a pudding-basin, line it with paste, fill it with the kidneys, each layer sprinkled with the chopped parsley, and cover with pastry. Dip a cloth in boiling water, flour it thickly, lay it over the top of the pudding, and tie it securely with string round the rim of the basin; then tie the corners over the top, so as to form a sort of handle. Put it into a pan of boiling water, enough to cover it, and boil two hours. Then take it out, dip it into cold water for a moment, take off the cloth, and serve on a hot dish.

You may make a beefsteak pudding in the same way,

except that, if the beef is lean, it is best to add a little suet and a tablespoonful of Yorkshire Relish. Some like a little finely-chopped onion (instead of the parsley) in a beef pudding.

VEGETABLE MARROW SOUP.

Materials.—Two small vegetable marrows, or one large one, 3 pints of white stock, 1 pint of milk, 1 onion, pepper and salt.

Directions.—Pare and slice the marrow and onion, boil them in the stock for two hours, rub them through a sieve, add the milk, pepper and salt, warm and serve.

This is a very nourishing and delicate soup for an invalid, and those who have gardens will find it useful in preventing waste, for vegetable marrows often yield so many gourds at once, that some are too old for boiling as a vegetable. These may be used for soup with great advantage.

I have spoken to you several times of the value of thrifty ways. Some people seem to think that there is *no great harm* in wasting, especially when the things belong to a mistress who is, as they say, "*well off*." But this is a great mistake; *waste is a sin*; it is almost as bad as *stealing* when we waste the things which belong to another; for everything we possess is given to us by our Maker,—*not* to waste, but to use to the best advantage, both for our employers, ourselves, and the poor. If we only had half of the food wasted, I fear, daily in this town, we could feed hundreds of poor children with it every day. Remember, too, that you cannot be a good cook if you fling away the *bits*. A good cook will waste nothing; and it is the duty of every one to be economical, not only in food, but in all other things.

Fuel, for instance, is terribly wasted by many people. Coke is cheaper than coal, and is better for cooking purposes, as it makes a clear fire. It is necessary to light a fire with wood and coal; but, when once it has burned up, much may be done by those who understand economy to save fuel, and yet to have a good fire. The fire, when it is bright, may be covered with small pieces of coke before we begin to cook. When the dinner is cooked, bank up the fire with all the cinders, small coal, and even ashes, which you will find under the grate. Before putting them on the fire, wet them slightly in a coal-

scuttle ; they will then form a crust, which will often last until it is time to make up the fire and boil the kettle for tea. Never fling away cinders into the dust-bin unsifted ; even ashes (as I have said) will form a good fire if wetted and mixed with small coal.

The rules which you will learn to-day are about boiling vegetables, but, before you learn them, you should know a little about this kind of food. Fresh vegetables are necessary for our health ; they contain a large quantity of the cooling salts which we need to keep our blood pure. Sailors often suffer much from a dreadful disease called *scurvy*, which attacks them when they are deprived of fresh vegetables and fruit for weeks together. Some time ago so many died of this disease that it was found necessary to make a law compelling each captain of a ship to give his crew lemon-juice every day when unable to procure vegetables.

But do not buy *stale* vegetables because they are cheap, for they are most unwholesome. Cabbages, lettuces, &c., should be fresh cut, washed carefully in salt and water (without bruising the leaves), rinsed under the tap in pure water, and then placed in a saucepan three parts full of boiling water, in which has been dissolved a little salt and a small quantity of sugar (if the water be hard). Let it boil for ten minutes sharply, then more slowly until the vegetable is tender. This will usually take from twenty minutes to half an hour, but if the vegetable is old it will take longer. Carrots will take two hours to boil in the winter, and turnips an hour, although they will cook in half the time if young.

Salads, too, are very wholesome, and may be easily prepared from lettuces, endive, cress, radishes, onions, beetroot, &c. Wash the salad thoroughly (straining off the water), cut it up small, and slice the beetroot. Boil an egg hard, and slice the white as a garnish on the top ; pour over the whole the following salad sauce :—

Salad Sauce.—Mix the yolk of a hard-boiled egg (dry) with one teaspoonful of mustard, one of brown sugar, and half a teaspoonful of salt. When thoroughly mixed, add one tablespoonful of vinegar and then two of milk. Be careful to mix the vinegar thoroughly before adding the milk, or it may turn to curd. Cream may be added, but this is an excellent sauce without it.

ANALYSIS OF FOOD.

Flesh-formers.—Kidney, milk, stock.

Body-warmers.—Sugar, fat, milk.

Fatteners.—Flour, cornflour, milk.

Minerals.—Jam, vegetable marrow, milk.

COST OF MATERIALS.

VEGETABLE MARROW SOUP.				KIDNEY PUDDING.			
			d.			s.	d.
Vegetable marrow ...	...	1	1	1 lb. kidney ...	...	0	8
Milk, 1 pint...	...	2	2	1 lb. flour ...	...	0	2
Onion, pepper and salt ...	...	0½	0½	¼ lb. fat ...	...	0	1½
		—	—	Parsley, salt, &c.	...	0	1
			3½				
						1	0½
CORNFLOUR MOULD.				TOTALS.			
			d.			s.	d.
1 teacupful ...	...	2	2	Soup ...	...	0	3½
1 quart milk...	...	4	4	Meat ...	...	1	0½
Sugar ...	...	½	½	Pudding...	...	0	6½
		—	—	Potatoes ...	...	0	1½
			6½				
						2	0

To dine eight persons; average, 3d. per head.

RULES FOR BOILING VEGETABLES.

GREEN VEGETABLES.

1. Examine each leaf carefully, to remove insects.
2. Cut off the outer leaves, and trim neatly.
3. Wash in salt and water, rinse thoroughly.
4. Place them in boiling water, in which a little salt and a teaspoonful of sugar are dissolved.
5. Boil quickly for ten minutes, then gradually, until the vegetable is tender.
6. Strain away all water through a colander.

CARROTS, TURNIPS, &c.

1. Brush them thoroughly clean in cold water.
2. Pare thinly, trim, and cut across the top twice.
3. Boil them in soft water, with a little salt, for twenty-five or thirty minutes. More time will be required if the vegetables are old.
4. Turnips should be well mashed, a little milk, cream, or butter may be added, with pepper and salt.

LESSON X.—DINNER.

Whole LENTIL Soup. Irish Stew. Baked Raisin Pudding. Extra Instruction. How to make Whole Meal Bread.

WHOLE LENTIL SOUP.

Materials.—1 pint whole lentils, 1 onion, 1 carrot, 1 turnip, 3 pints stock (or water), 1 tablespoonful corn-flour, pepper and salt to taste.

Directions.—Wash and soak the lentils over night, put them on to stew in the stock (or water) at 8 o'clock next morning, with the vegetables pared and sliced. At 11 o'clock take the vegetables and lentils out of the soup, fry them a light brown in deep fat ; put them back into the stock, stew gently till half-past 12 ; rub them through the colander, mix the cornflour gradually with a little of the soup (cooled), add it to the rest, and boil ten minutes, stirring often. (N.B. If water, not stock, is used, add a small lump of butter.) Put in the pepper and salt, and serve.

Before we fry the vegetables for this good soup, we must all set to work at the Irish stew.

IRISH STEW.

Materials.—1½ lb. breast of mutton, 2 lb. potatoes, 3 onions, 2 tablespoonfuls flour, 1 teaspoonful salt, ½ teaspoonful pepper, 1½ pint water.

Directions.—Cut the meat into small pieces. Slice the potatoes and onions, raw. Mix the flour, pepper, and salt ; dip each bit of meat into it. Put a layer of sliced potatoes at the bottom of the pan, then a layer of meat, then one of onion, and so on until the dish is full, covering with a layer of potatoes. Pour the water over the whole, and stew for an hour and a half, slowly. (Stock may be used instead of water, but it is not necessary.)

This dish may be made in a saucepan or a pie-dish,—when, of course, it is cooked in the oven. The secret of

success is to cook it slowly, and on no account to let it *boil*. Meat contains *albumen*, which is like the white of an egg. This, you all know, turns into a tough, leathery substance when boiled; and in the same way *meat* becomes tough and hard. For this reason we put a joint of meat into boiling water for five minutes *only* (which forms a hard case to keep the juices in), and then simmer it slowly. In *stewing* we wish to have a good gravy; and, therefore, cook it slowly the whole time, when the meat will be tender and digestible, and the gravy rich.

We will now fry the lentils, &c. Perhaps you think me very extravagant when I put 2 lb. of fat into this strong saucepan; but, in reality, I am very economical, for fat used in this way does not burn, and will fry all we need for the next six weeks. It is clarified fat, prepared by the receipt given at the end of Lesson III. It must be very hot before we put in the lentils; a grey smoke should pass over it. Then put in the frying-basket containing lentils and sliced vegetables, and fry a light brown. This will take less than five minutes; then raise the basket, let all the fat drop back into the saucepan, and return the vegetables to the soup, when they must stew for an hour more before they are pulped, and the soup thickened and flavoured. (Remember, in using deep fat for frying, that you must be very careful not to tip it up into the fire, or the whole might blaze up. The saucepan used must be strong and whole.)

This clarified fat should be kept for frying purposes only; let it cool a little, then strain it into a jar. If this is done regularly, and the fat is never left to get cold in the saucepan, it will fry every thing you want for months, with the addition of a little fresh fat sometimes.

The materials for the baked raisin pudding have been prepared beforehand, as it will take an hour and a half to bake.

BAKED RAISIN PUDDING.

Materials.—1 lb. flour, 1 teacupful bread-crumbs, $\frac{1}{4}$ lb. sugar, $\frac{1}{2}$ lb. stoned raisins, $\frac{1}{4}$ lb. shred fat, 2 teaspoonfuls baking-powder, 1 teaspoonful salt, $\frac{1}{2}$ pint water.

Directions.—Mix all the dry things together well, then add the water gradually; grease a pie-dish (or tin), bake half an hour quickly, then more slowly for an hour.

To-day I wish you to learn how to make whole-meal bread. Have you ever rubbed an ear of corn in your hands and eaten the grains? Every one of those tiny grains contained everything necessary to support our life. All the thirteen minerals, besides flesh-formers, body-warmers, and fatteners, are packed up in that little grain of corn. There are only two *perfect* foods, *i.e.*, *milk* and *corn*, but, unfortunately, most of the nourishment of corn is lost in grinding it. The miller divides the flour into many parts, all of which go to feed the pigs, rabbits, and horses, except the fine white flour, which is reserved to make white bread for us. Nearly all the minerals are sifted out of it; in fact, little is left except starch, which, as I told you before, fattens, but does not make strong bones.

Is it wonderful that our poor rickety children crave for more nourishment, and, as they grow up, too often take to drink because they have not proper food? But the strength which should be bought at the baker's for four-pence halfpenny, costs 7s. 6d. at the public-house, besides good character and, too often, *a man's body and soul*.

Surely, if we women would take the trouble to learn (and teach others) how to supply their households with good nourishing food, it would strike at the very roots of drunkenness, which are deep down in the soil of domestic discomfort, in which they flourish, and increase mightily. Let me beg you, then, not to think you have done enough in going through these simple lessons. Follow them out in your own homes; add to this elementary knowledge in every way you can; remember that home is *a woman's kingdom*, and as she rules there, so will her subjects be healthy, happy, and contented, or else sickly, miserable, and probably drunken. Do it all as work *done for God*, for surely it is His will that we should know how to "*feed the hungry*," and send a portion to him "*for whom nothing is prepared*."

ANALYSIS OF FOOD.

Flesh-formers.—Mutton, lentils.

Body-warmers.—Fat, sugar.

Fatteners.—Flour, bread crumbs, cornflour, potatoes.

Minerals.—Raisins, vegetables, lentils.

COST OF MATERIALS.

WHOLE LENTIL SOUP.				d.	IRISH STEW.				d.
Lentils	...	...	...	1	Mutton	...	...	...	9
Vegetables	...	...	...	1	Potatoes	...	...	...	1
Cornflour, salt, &c.	...	...	...	0½	Onions	...	...	...	1
				—	Flour, salt, &c.	...	...	...	0½
				2½					—
									11½

BAKED RAISIN PUDDING.				d.	TOTALS.				s.	d.
Flour	...	...	...	2	Soup	...	...	...	0	2½
Bread crumbs	...	...	...	0½	Stew	...	...	...	0	11½
Sugar	...	...	...	0½	Pudding	...	...	...	0	6
Raisins	...	...	...	1½	Bread	...	...	...	0	2
Fat	...	...	...	1½	Cabbage	...	...	...	0	2
Powder, salt, &c.	...	...	...	0½					—	—
				—					2	0
				6						

To dine eight persons ; average, 3d. per head.

TO MAKE WHOLE-MEAL BREAD AND PORRIDGE.

Put into a pan 7 lb. of whole-meal ; mix 3 oz. German yeast with 1 quart warm water ; make a hole in the meal, pour in the yeast, stir it round with a spoon till it makes a thick batter, throw dry meal over it, and set it before the fire for an hour, when it will have risen, and burst the covering of dry meal ; then add more warm water and two teaspoonfuls of salt, until it forms, when kneaded, a nice light dough ; work it thoroughly, then cover it with a cloth, and let it stand for another hour before the fire. Make it up into loaves, and bake for about an hour.

WHOLE-MEAL PORRIDGE.

Two tablespoonfuls of meal, smoothly mixed with one teacupful of cold water ; put a pint of water into a saucepan ; when it boils stir in the mixed meal, and boil for ten minutes, stirring all the time ; then place the saucepan on the hob, and cook the porridge slowly for half an hour, stirring occasionally.

PART II.

ALTERNATIVE DISHES FOR A SECOND SET OF TEN LESSONS.

IF the cooking-class is conducted under Plan I. (see Appendix, page 54), it is advisable to vary the dishes taught in the second set of ten lessons (twenty lessons, of two hours each, forming the complete set necessary to obtain the Government grant).

The following dinners may then be substituted for those in the first ten lessons, as they are arranged so as to fit in with the practical instruction given in the first ten lessons, which should be repeated, and the pupils should be carefully questioned on the "Special Instruction" to be found at the end of each of these lessons, in order that the rules there taught may be thoroughly mastered.

LESSON XI.—DINNER.

Onion Soup. Potato Pie. Ground-rice Mould.

ONION SOUP.

Materials.—3 large onions ; flour, 2 tablespoonfuls ; dripping, 2 oz. ; water, 2 quarts ; salt, 1 teaspoonful ; soda, a lump the size of a nut.

Directions.—Peel the onions, and soak them for twenty minutes in hot water in which the soda is dissolved. Drain the water away, cut the onions in rings ; put the fat into the saucepan, and when it is quite hot, fry them a nice brown. Mix the flour evenly with a pint of the water, add it to the onions, and fry it brown. Pour, from a kettle, three pints of hot water into this, and bring it to the boil, stirring it often. Serve with toast cut into dice.

POTATO PIE.

Materials.—1 lb. scraps of mutton ; $1\frac{1}{2}$ lb. potatoes ; milk $\frac{1}{2}$ a teacupful ; 2 onions ; salt and pepper.

Directions.—Cut the mutton into small pieces (or mince it, if cooked before). Lay it in a pie-dish, slice the onions, and mix them with the meat, adding pepper and salt. If the meat be cooked, a teacupful of stock should be poured over it. Boil the potatoes, mash them with the milk, and spread them over the meat, smoothing them over with a knife dipped in milk. Bake for an hour.

GROUND RICE MOULD.

Materials.—Ground rice, 1 teacupful ; sugar, 2 table-spoonfuls ; milk, 1 quart ; 3 bay-leaves.

Directions.—Boil the bay-leaves with half the milk for ten minutes, mix the sugar and rice evenly with the rest of the milk, then all the milk together, and cook it by the directions for Cocoa Mould (Lesson I). Wet a shape, pour the mixture into it, and turn it out when cold into a glass dish.



LESSON XII.—DINNER.

Hotch-Potch. Fish. Raisin Dumplings.

HOTCH-POTCH.

Materials.—Two tablespoonfuls each of dried peas, rice, haricot beans, lentils, and pearl barley ; 2 onions,

2 carrots, 2 turnips ; water, 2 quarts ; salt and pepper ; a bit of butter as large as a walnut.

Directions.—Wash and pick over the grains overnight, soaking them in two quarts of water till morning. Slice the vegetables, and boil all together for five hours. Add the butter, salt, and pepper ; serve without mashing.

FISH.

Materials.—Herrings, mackerel, or other fish in season, cooked as directed in Lesson VIII.

RAISIN DUMPLINGS.

Materials.—Flour, $\frac{3}{4}$ lb. ; fat, 6 oz. ; raisins, $\frac{1}{2}$ lb., salt and baking-powder, 1 teaspoonful each ; water ; 1 gill.

Directions.—Stone and chop the raisins, mix them with the flour and fat, &c., as directed in Lesson II. Serve with sugar.



LESSON XIII.—DINNER.

Mulligatawny Soup. Beef Pasties. Welsh Rarebit.

MULLIGATAWNY SOUP.

Materials.—Stock, 3 pints ; onions, 2 ; milk, 1 teacupful ; flour, 2 tablespoonfuls ; salt and curry powder, 1 teaspoonful each.

Directions.—Slice the onions, stew them in the stock for two hours ; then mix the flour, curry powder, and salt evenly with the milk, add this to the soup, boil for ten minutes, stirring often, and serve with dry rice, and a lemon cut in quarters.

BEEF PASTIES.

Materials.—Beef scraps, cooked, $\frac{1}{2}$ lb. ; Yorkshire Relish, 2 tablespoonfuls. Pastry as in Lesson III. Salt and pepper.

Directions.—Mince the meat, mix it with the relish, pepper and salt. Roll the pastry into thin rounds, put a tablespoonful of the meat into each, double them over, pinch the edges together with a floured fork, and fry in the basket in deep fat. (See Lesson X.)

WELSH RARE-BIT.

Materials.—Cheese, 2 oz. ; milk, 2 tablespoonfuls ; dripping, 2 oz. ; bread, 2 rounds ; mustard, from the pot, 2 tablespoonfuls ; salt, 1 teaspoonful ; a little pepper.

Directions.—Toast the bread, spread it with part of the dripping, and put it into the oven to keep warm. Cut the cheese in pieces, put it into a small saucepan with the milk, mustard, salt, pepper, and the rest of the dripping. Stir the mixture over the fire till melted ; spread it on the toast, and serve hot.



LESSON XIV.—DINNER.

White Soup. Bullock's Heart, roasted. Ginger-bread Cake.

WHITE SOUP.

Materials.—White stock, 2 quarts ; milk, 1 pint ; onions, 2 ; mace, 2 blades ; cornflour, 2 tablespoonfuls ; a small bunch of thyme, marjoram, and parsley, tied together ; pepper and salt.

Directions.—Stew the onions, mace, and herbs, in the stock for an hour. Strain the soup, mix the cornflour and milk evenly, and add it with pepper and salt to the cool soup. Bring it to the boil, and serve, with dice of bread, fried in deep fat.

BULLOCK'S HEART, ROASTED.

Materials.—A bullock's heart ; bread-crumbs, 3 tablespoonfuls ; fat, 2 oz. ; chopped parsley, 1 tablespoonful ; pepper and salt.

Directions.—Chop the parsley and fat, mix these with the bread-crumbs, pepper, salt, and milk, to make a stuffing. Wash the heart in warm water three hours beforehand, remove the lobes, and place the heart in cold water to soak. This water must be drained away, the heart well rinsed ; cut it open, place the stuffing in the middle, sew it up, and roast as directed in Lesson I. Currant jelly should be served with this.

GINGERBREAD CAKE.

Materials.—Flour, 1 lb. ; ground ginger, 1 teaspoonful ; baking-powder, 1 teaspoonful ; spice, $\frac{1}{2}$ oz. ; dripping, $\frac{1}{4}$ lb. ; black treacle, $\frac{3}{4}$ lb.

Directions.—Mix all the dry things first, then stir in the treacle, and mix thoroughly, put it into a greased tin, and bake slowly for an hour and a half or two hours. When a knife stuck into a cake comes out quite clean, it is done.



LESSON XV.—DINNER.

Artichoke Soup. Curried Meat and Vegetables.
Custard Pudding.

ARTICHOKE SOUP.

Materials.—8 artichokes ; 2 onions ; 6 cold potatoes ; 3 oz. dripping ; milk, 1 pint ; water, 3 pints ; salt and pepper.

Directions.—Wash and scrape the artichokes, cut them up with the onions, boil them in the water with the dripping and a little salt for two hours. Mash the cold potatoes on a board, with the bottom of a small jam-pot, until there are no lumps, and add them to the soup. Pulp it through a colander half an hour before dinner, add the milk, pepper, and salt while the soup is cool, bring it to the boil, and serve. (N.B. Cold potatoes, well crushed, make an excellent thickening for all vegetable soups.)

MEAT CURRY.

Materials.—See rabbit curry, Lesson V., but substitute for the rabbit $\frac{3}{4}$ lb. cold meat scraps, minced, and the same weight in cold vegetables (potatoes, carrots, peas, turnips, &c.), well mashed, and a sour apple chopped up small. Mix the meat and vegetable, and make the curry as in Lesson V.

CUSTARD PUDDING.

Materials.—Milk, $1\frac{1}{2}$ pint ; 3 eggs ; sugar, 1 tablespoonful.

Directions.—Beat the eggs very thoroughly, then mix the sugar, and then the milk, beating all the time. Pour this into a pie-dish, and bake for an hour or more in a slow oven. This pudding must be cooked very slowly or it will curdle. 1 egg and $\frac{1}{2}$ pint of milk, with a teaspoonful of sugar, will make a pudding the right size for an invalid.



LESSON XVI.—DINNER.

Carrot Soup. Stewed Hake. Apple Dumplings.

CARROT SOUP.

Materials.—2 lb. carrots ; 2 turnips ; 2 onions ; 2 quarts stock (or 3 oz. dripping and 2 quarts water) pepper, salt, and a sprig of lemon thyme.

Directions.—Brush and scrape the carrots and turnips, peel the onions, cut them all in pieces, and stew with the dripping and water (or stock) for three hours. Pulp all through a colander, add the thyme, salt, and pepper, boil for ten minutes, stirring often, take out the thyme, and serve. A little milk improves this soup.

STEWED HAKE.

Materials.—2 lb. hake ; $1\frac{1}{2}$ pint gravy ; flour, 2 tablespoonfuls

Directions.—Take the fish carefully off the bones, cut it into slices an inch thick, dip each slice in flour, and fry it in deep fat. Then place these slices in a stewpan, add the gravy, and stew slowly for an hour and a half. The gravy may be from a joint, or a pennyworth of bones, cracked up, and boiled for a day will supply it. (N.B. The best stewpan is a tin pan, made with handles, to go inside a saucepan, allowing two inches for water between the two. Things cooked in such a pan will never boil, but will stew at the right temperature. The water between the pans should boil, and will need careful renewing every half-hour, to keep it up to within three inches of the top of the saucepan).

APPLE DUMPLINGS.

Materials.—8 apples ; sugar, $\frac{1}{4}$ lb. ; flour, $\frac{1}{2}$ lb. ; fat, 4 oz. ; cloves, 24 ; baking-powder and salt, 1 teaspoonful each.

Directions.—Peel, halve, and core each apple, put in each a teaspoonful of sugar, and 3 cloves, and put the halves together again. Make pastry as in Lesson III., roll it out till a quarter of an inch thick, cut it in rounds, and make each apple into a dumpling. Flour a tin plate thickly, and bake for an hour quickly till the pastry is done, then let them cook slowly in a cooler part.



LESSON XVII.—DINNER.

Celery Soup. Sausage Rolls. Rock Cakes.

CELERY SOUP.

Materials.—Brown stock, 2 quarts ; 6 good sticks of celery ; onions, 2 ; pearl barley, 2 tablespoonfuls ; pepper, salt, and a small bunch of thyme, marjoram, and parsley.

Directions.—Wash the celery thoroughly in salt and water, peel the onions, cut them up with the celery, and stew for two hours in the stock, with a little salt, the barley, and the bunch of herbs, which should be taken out before serving, and a little pepper added.

SAUSAGE ROLLS.

Materials.—4 sausages ; flour, $\frac{1}{2}$ lb. ; butter, 2 oz. ; lard, 3 oz. ; 1 teaspoonful each of salt and baking-powder ; a little water, and a little milk.

Directions.—Make puff-pastry in this way:—Mix flour, salt, and baking-powder together dry, then with enough water to make a stiff paste. Roll this out on a floured board, spread it with lard or butter, fold it three times (that is, so that it is three times as thick as when spread), flour it well, roll it out again, and repeat the process of spreading it with lard three times ; then roll it out thin, and cut into pieces the length of a sausage. Cut each sausage in half, so as to keep the length, place each half-sausage on a piece of pastry, fold it over, and press the edges together with a knife, bringing the join to the top of the sausage. Brush each over with a little milk, bake quickly for twenty minutes in a hot oven on a greased tin.

ROCK CAKES.

Materials.—1 lb. flour ; dripping, 4 oz. ; moist sugar, 4 oz. ; the juice and half the rind of a lemon ; 1 egg ; sultanas or currants, $\frac{1}{4}$ lb. ; a little milk ; baking-powder, 2 teaspoonfuls ; salt, $\frac{1}{2}$ teaspoonful.

Directions.—Wash and thoroughly dry the fruit, mix the flour, salt, and baking-powder, rub the dripping into these, then add the rest of the dry things. Beat up the egg, mix with it the lemon-juice, and a little milk. Stir this gradually into the rest, mixing as dry as possible. Drop the mixture on to a greased tin, as roughly as possible, in little heaps, which should be at some distance from each other on the tin, or they may join. Bake in a quick oven for about fifteen minutes.

LESSON XVIII.—DINNER.

Fish Soup. Rissoles. Sweet Omelet.

FISH SOUP.

Materials.—1 lb. (or more) of remains of fish (haddock, hake, salmon, &c.); 2 onions; chopped parsley, 1 tablespoonful; milk, $\frac{1}{2}$ pint; celery, 2 sticks; flour, 2 tablespoonfuls; salt, pepper; water, 3 pints, or fish stock.

Directions.—Pick the fish from the bones, put this aside, and boil the bones, skin, &c., in 3 pints of water and a little salt. When it boils sharply, add the celery and onion, sliced, and stew for two hours. Then strain the soup, mix the flour evenly with the milk, add this, with the chopped parsley, and the cold fish in small pieces. Boil it for ten minutes, stirring often, and serve.

RISSOLES.

Materials.—Scraps of cold meat, $\frac{1}{2}$ lb.; bacon, $\frac{1}{2}$ lb.; bread-crumbs, $\frac{1}{2}$ lb.; 1 egg; flour, 2 tablespoonfuls; a little milk, salt, and pepper; chopped parsley and thyme, 1 tablespoonful.

Directions.—Mince the meat and bacon fine; mix them with the chopped herbs, bread-crumbs, salt, and pepper. Beat up the egg with the milk, mix the whole as dry as possible, and roll into balls on a floured board. Fry in deep fat till a light brown.

SWEET OMELET.

Materials.—2 eggs; milk, $\frac{1}{2}$ pint; sugar, 1 tablespoonful; clarified fat, 2 oz.; jam, $\frac{1}{4}$ lb.

Directions.—Beat the eggs thoroughly, the yolks first, with the sugar, then add the whites, then the milk. Beat sharply for ten minutes. Take a piece of clean white paper, rub the bottom of the frying-pan (which must be thoroughly cleaned) well with this, to prevent the omelet sticking to the plan. Melt the fat over a gentle fire, in the frying-pan, pour in the mixture, beaten sharply till the fat is ready, fry it slowly, turn up the corner with a knife to see if it is brown. When done through, put it

on to a hot dish carefully, spread the jam on half of it, turn it over, and serve quickly, very hot. A little white sugar may be sifted over it. (N.B.—If your frying-pan is small, cook half at a time, as it will not get done through if too thick.)



LESSON XIX.—DINNER.

Kidney Soup. Beef Pudding. Snowballs. Kidney Soup.

KIDNEY SOUP.

Materials.—1 ox kidney ; 1 carrot, 1 turnip, 2 onions ; flour, 2 tablespoonfuls ; Yorkshire Relish, 1 tablespoonful ; pepper and salt.

Directions.—Wash the kidney, and cut it in pieces ; fry it brown in deep fat. Slice the carrot and turnip small, boil them sharply for half an hour in 3 pints of water or stock, with a little salt, then add the kidney, and stew for two hours. Mix the flour with the Yorkshire Relish, and a little of the soup, stir this in ten minutes before serving, and boil for ten minutes, with a little pepper and salt added.

BEEF PUDDING.

See kidney pudding, Lesson IX., only substituting beef for kidneys, and adding, as directed, onion and Yorkshire Relish.

SNOW BALLS.

Materials.—Rice, 1 lb. ; water, 1 quart ; jam, $\frac{1}{4}$ lb. ; clarified fat, 2 oz.

Directions.—Wash the rice, boil it for a quarter of an hour in the water (which should be boiling when the rice is put in), strain off the water (which is useful to thicken soup), rub eight cups slightly with clarified fat, fill each with rice, pressing it down with a spoon ; put them in the oven for five minutes, then turn the rice out whole, put a little jam on the top of each.

LESSON XX.—DINNER.

Ox Cheek Soup. Scalloped Salmon. Baked Bread-and-Jam Pudding.

OX CHEEK SOUP.

Materials.— $\frac{1}{2}$ an ox cheek, chopped into quarters by the butcher, 2 onions, 1 carrot, 1 turnip, a small bunch of parsley, marjoram and thyme ; flour, 2 tablespoonfuls ; pepper and salt.

Directions.—Wash the ox cheek in two waters, put it on to stew in cold water. When it has simmered (it must not boil) for half an hour, take it out, cut off the meat (which will make an excellent pie), put the bones back into the water, with the vegetables, cut up, and stew for two hours. Then strain the soup (the bones, &c., will make another quart of soup-stock), brown it with burnt sugar, mix the flour evenly with some of the cool soup, add pepper, salt, and the bunch of herbs, and boil for ten minutes, stirring often. Take out the herbs (which should have a string to them), and serve.

SCALLOPED SALMON.

Materials.—1 tin preserved salmon ; $\frac{3}{4}$ lb. bread-crumbs ; clarified fat, 3 oz. ; pepper and salt.

Directions.—Grease a tin dish, line it with bread-crumbs, put in the salmon in layers, with bread-crumbs, pepper and salt. Cover with bread-crumbs, with a little fat shred over them, bake for half an hour. Turn it out, and serve hot. (This should be served on a fish paper, or a fresh-folded napkin.)

BAKED BREAD-AND-JAM PUDDING.

Materials.—Enough slices of stale bread to fill a pie-dish ; $\frac{1}{2}$ lb. jam ; milk, 1 quart ; 1 egg ; clarified fat, 4 oz.

Directions.—Spread the bread thinly with jam, grease a pie-dish, lay the slices in it. Beat up the egg with the milk, pour this over the bread, sprinkle the top with shred fat, and bake one hour. This is as good cold as hot.

APPENDIX

PART I.

SELF-SUPPORTING COOKING-CLASSES.

THE great necessity of systematic instruction in the art of cookery, for our young girls, is now generally acknowledged.

The health and even the morals of the rising generation depend much upon this need being not only acknowledged but also provided for ; and this can only be thoroughly done by a system of instruction to be given before a girl leaves school.

The heavy expenses which are usually considered inseparable from cooking-classes have, however, hitherto prevented many, who see and deplore this great want, from taking practical measures to meet it in their own parish school ; it has, therefore, been thought advisable to give here the particulars of the plan worked out since January, 1885, at Torquay, by which cooking-classes for the older girls of day-schools, drawing Government grants, are actually rendered self-supporting after the first outlay for utensils, crockery, &c.

The state of the law with regard to the Government grant of four shillings for each girl is not generally known ; and as it is necessary for the pupils to earn this grant, in order to render the class self-supporting, it will be well, first of all, to make the conditions clear by which this sum may be obtained.

1. Each girl in the third (or a higher) standard, who spends forty hours in one year in the study of cookery (twenty hours of which she must spend in practice lessons), is entitled to this grant of four shillings.

2. If the teacher does not hold a certificate from some public school of cookery, it is necessary that "Her

Majesty's Inspector report that there is no convenient means of obtaining a certificated teacher; and the competency of the teacher must be proved to the satisfaction of the department.*

3. To this end, it is advisable to call on the Inspector of Schools for the district to inform him as to the time and place at which the cooking-classes will be held, and to leave, for his consideration, a copy of this book, from which it is proposed to carry out the course of instruction.

4. Although it is not a necessity to hold any examination at the end of each course of lessons, it is very desirable to do so; to which examination the attendance of the Inspector may be invited. This examination is held at Torquay after each course of lessons, the girls each receiving a paper of twelve test questions, to which they write the answers in the presence of some responsible person.

5. The names of pupils should be carefully registered at each lesson, also the time the class commences. This should be done by a person who will thus be prepared to sign a certificate that the girls have passed the prescribed number of hours in learning to cook.

6. Eight girls are sufficient to form a class, which should in no case exceed twelve girls, as it is desirable to set each pupil to help, and to keep the full attention of all.

7. The class may be taught by a plain cook, who will carry out the course of lessons in this book; but a lady should also be present to superintend, to teach the "Rules" (which will be found at the end of each lesson) and to enforce the moral and sanitary lessons which are interwoven with the cookery-teaching. (It is still more desirable that the class should be undertaken entirely by a lady, with a strong girl to help; but this is not often practicable.)

8. The lessons should take place, if possible, in a room which is a part of the school-house; but, if not this, in a parish room or kitchen near to the school, to avoid wasting the time of the pupils in going from school.

9. A list of necessary articles will be found at Part II. (Appendix); gas-stoves and all expensive appliances

* From a Minute of the Committee of the Council of Education, dated Whitehall, May 27, 1885.

should be avoided, as the object is to teach cookery suitable for their own homes or for ordinary service. A common cooking-range, with an oven, is all that is required.

10. The lessons take place once or twice a week, as arranged; they begin at eleven, and cease at one o'clock, when dinner begins.

11. The pupils bring one penny each for their dinner. This is, of course, optional with the parents, but it is found that practically all prefer to stay and dine. For this penny each pupil receives her share of the dishes cooked, with sufficient bread or potatoes to satisfy her appetite.

12. It is necessary, as a preliminary, to obtain the consent of the clergyman, or other head of a school, or of the School Board. It is also very desirable to secure the co-operation of the head-mistress of the school. To this end it may be pointed out that by this arrangement twenty hours are added, by each course of cooking lesson, to the time available for the children to obtain Government grants, *i.e.*, the hour in each lesson from twelve to one o'clock. It is usual at Torquay to substitute the study of cooking for that of advanced arithmetic, from eleven to twelve o'clock, that science being both difficult and useless to most girls in our schools.

TABLE OF EXPENSES FOR SELF-SUPPORTING COOKING-CLASSES.

PLAN I.

For a class of eight girls, where the teacher is a lady, assisted by her servant, or a voluntary helper.

RECEIPTS.			PAYMENTS.		
	£	s. d.		£	s. d.
Government grant for 8 girls at 4s. per head... ..	1	12	0	20 dinners for 8 girls at 3d. per head ...	2 0 0
Payment of 1d. each girl for her dinners	0	13	4	Fuel, 3d. per lesson ...	0 5 0
	2	5	4		2 5 0

PLAN II.

For a class of eight girls, where the teacher is a plain cook, superintended by a lady. (N.B.— Any respectable

woman, who has been a cook, can easily carry out the teaching in this book, if she has a copy to read over before giving the lesson). Under this plan, the cost of payment to the cook is met by reducing the expense of the dinners. To do this, divide each lesson into two parts, teaching the meat dish on one day, the soup and pudding on the next. The cost will then be $1\frac{1}{2}$ d. for each dinner, instead of 3d.

RECEIPTS.			PAYMENTS.		
	£	s. d.		£	s. d.
Government grant for			To Cook, 1s. per lesson		
8 girls	1	12 0	of 2 hours	1	0 0
1d. per head paid for			To dinners, at $1\frac{1}{2}$ d. for		
dinner	0	13 4	each girl	1	0 0
			Fuel, 3d. per lesson...	0	5 0
	2	5 4		2	5 0



PART II.

ARTICLES NECESSARY FOR THE TEACHER.

An ordinary cooking range, with an oven.

3 large Saucepans, one with a steamer.

1 Kettle.

1 Frying Pan.

1 Frying Basket (wire).

1 Gridiron.

1 Pastry Board and Roller.

3 Chopping Boards.

1 Colander.

1 Wire Sieve.

1 Dredger.

8 Patty Pans.

2 Ornament Cutters (tin).

2 Pie Dishes.

2 Pudding Basins.

2 Pans for mixing Pastry, &c.

- 2 Iron Spoons.
- 2 Wooden Spoons.
- 8 Knives and Forks.
- 8 Dessert Spoons.
- 8 Soup Plates.
- 8 Meat Plates.
- 8 Pudding Plates.
- 6 Dishes (of sizes).
- 2 Salt Spoons.
- 8 Cups, or Tumblers.
- 2 Jugs.
- 1 Brush for Vegetables.
- 2 Carving Knives and Forks.
- 6 Table Spoons.



PART III.

QUESTIONS FOR EXAMINATIONS.

- 1.—Which are the two perfect foods which nourish the whole body?
- 2.—What is the difference between stewing and boiling?
- 3.—How much time must be allowed for each pound of meat, to roast it?
- 4.—How do you make beef-tea ;
- 5.—Should a chop be cooked in a frying pan?
- 6.—What is the use of a stock-pot?
- 7.—Why is it necessary to eat fruit?
- 8.—When do you begin to prepare peas for making soup?
- 9.—Which is the best way to cook unripe fruit?
- 10.—Why do young children require milk?
- 11.—How do you clarify dripping?
- 12.—How should gruel be mixed?
- 13.—What is the best way to cook an egg in its shell?
- 14.—Why do children who are at school need good food more than others?

15.—What is contained in a grain of wheat?

16.—What is the most wholesome way to cook potatoes?

(N.B.—A few specimen questions only are given, as it may be found desirable for a teacher to select others from the book.)



PART IV.

HINTS FOR THE TEACHER.

1.—Begin with a small class; as too many children around one are, at first, confusing.

2.—Study each lesson thoroughly before giving it; and, if possible, cook the dishes to be taught previously in your own kitchen, so as to gain experience.

3.—A helper should be present, who is strong enough to lift heavy saucepans, pour out soup, &c.

4.—Do not *read* the instruction to be given; talk brightly to the girls, and ask them questions on all they learn.

5.—Do not allow any talking or laughing amongst your pupils, as it will interfere with the lesson.

6.—Set each girl to help, allow each to take a turn at all that goes forward.

7.—Desire each girl to bring a clean pinafore, and have her hair neatly done up, her hands clean, with the nails cut.

8.—In the intervals, give the *Special Instruction* found at the end of each lesson, and let the girls write down the recipes (each in her own book) or learn them by heart.



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